

The 10 Stages of Development

Stage 2 - Line

Purpose of this Session

To identify the method for establishing your Line within 2 deliveries in each direction - 1 Forehand and 1 Backhand as in the 2 End Roll-up in Pennant.

The session then creates a method to hold that Line and also to make considered adjustments to finish in the Designated Finishing Spot - off-line.

Personal Best

The previous 10 End exercise is completed. If there is no improvement upon that previous Personal Best, we repeat that previous stage to identify the reasons for a lower performance.

Usually this reveals a slight issue that has yet to be overridden.

Once there is an increase to a new Personal Best, we will add to that skill and knowledge with this new stage.

It is pointless adding skills to a lower than required performance - be patient it will all come together, for some sooner or later than others - stick with it.

On with the Session

There are approximately 8 variations of methods to find, hold and deliberately adjust the Line, they are: -

1. Spot on the Bank
2. Shoulder of the Green
3. 5 or more Metres along Aiming Line
4. Less than 5 Metres along Aiming Line
5. Angle of feet on the Mat
6. Forehand Line v Backhand Line
7. Moving feet across the Mat
8. Drive Line

Session Objective.

The objective of the session is to identify which of these 8 methods best suit's the individual player.

Standards

The bowl is controlled to finish between 1 foot - 30cms wide to

1 foot - 30cms narrow for each successive delivery

Obviously the closer to perfect is desirable but the plus or minus 1 foot is the outside boundary.

Personal Best

Update graph of performances with the 10 end test exercise.

At the beginning of Stage 3, there must be an improvement on this sessions 10 End exercise before Stage 3 - Weight, can commence.